



Stir Up, O Lord



In the Book of Common Prayer the Collect (Prayer at start of service) for the Last Sunday before Advent begins with the words '**Stir up, O Lord,**' and prays that we may 'bring forth the fruits of righteousness' in our lives. Traditionally, this has become known as Stir Up Sunday and is the day to stir the Christmas Pudding mix and the

fruit it contains.

This Sunday (Nov 23rd) we come to the end of the Church's liturgical year as we celebrate Christ the King and start to turn towards Advent and our celebrations of Christmas.



You are invited this week to stir up your thoughts and reflect on your life of prayer and how you will be preparing to welcome Christ into our hearts and lives at Christmas, Next

Sunday (Nov 30th) we start the season of Advent and there are a variety of opportunities for you to give some time and space to God and your preparations for Christmas and the birth of Jesus, So as you stir up your hearts think about which of these can help you in that preparing to live fruitful lives.



This year we will be using the material from the Church of England which will focus on **the Advent Antiphons**. The Antiphons are the traditional sentences used before and after the Magnificat at Evening Prayer on the last 7 days of Advent. They each day begin 'O come, O come' and then focus on a different aspect of the coming Christ,



There is a book (if you want a copy let us know – but it is £9!) called '**O Come Emmanuel**' which uses a daily reflection and artwork to consider the 7 antiphons. There are also **new choral settings** of the antiphons that have been written – you can listen to them here [St Martin's Voices & Andrew Earis - The Advent Antiphons](#). You can also follow the reflections on the '**Every Day Faith App**' and we will be sharing some each day on social media.



Try and create time each day to pause, reflect and prepare for Christ's coming – perhaps if you have an advent Candle use that to focus your thinking and prayer each day.

There will also be a chance to **join others each week to reflect on the material**. We will be using the book for our conversations at **Fellowship lunch on Wednesdays at St Mary's** – after Noon service – bring your own lunch (1st Group on Nov 26th)
At Breakfasts on Saturdays at 9am at St Mary's – please let Fr Bob know if you are joining us for catering purposes. On Saturday 6th and 13th December.

If you would like to meet with others at another time let one of the Ministry Team know and we will try to set something up.



You can mark the beginning of Advent by sharing in the **Advent Service of Music and Readings led by the Choir**, A beautiful service which marks the coming of light into the darkness. **This will be at 6pm on Sunday Nov 30th.**

On **Monday Dec 8th** there will also be a chance to be still and reflect at the **Julian Pryaer Group at St Faith's at 7.30pm**

You could also make a commitment to give some time to God through Advent by coming to the Sunday Services each week at 10am, or by sharing in one of the midweek services,

Whatever you do we hope you are able to stir up your souls and in the midst of everything else give time to being with God.



December is always a difficult month to get the right balance between joining in the build up to Christmas with Carols and celebrations and waiting for Christmas to come.

As always as a Parish we will be trying to manage both. As well as our Advent activities there are the following special events – **if you can help us welcome people to them please let us know**

Monday Dec 1 st	7pm District Scout Christingle
Friday Dec 5 th	5.30pm News Christingle
Sunday Dec 7 th Association Band	7pm Milton Glee Bub and Royal Marine
Weds Dec 10 th	5pm Portsmouth Music Hub
Thurs Dec 11 th	7.30pm Royal Marines School of Music
Friday Dec 12 th	7.30pm Royal Marines School of Music
Saturday Dec 13 th	10am Reindeer Drive to support Hope into Action at St Faith's
	7.30pm Portsmouth Choral Union
Sunday Dec 14 th	3pm Barrells Memorial Service

- Monday Dec 15th 6pm Portsmouth Academy
- Tuesday Dec 16th 6pm Carol singing around the area
(meet at St Mary's)
- Weds Dec 17th 10am Arundel Court Primary Academy
2pm Counting of Comfort and Joy Vouchers
- Friday Dec 19th Noon Comfort and Joy Voucher Sing In
7pm Forever Together Funerals
Memorial Service
- Saturday Dec 20th Join us in the morning preparing both our
Churches for a Christmas celebration – ending
with a soup lunch at Noon served at St Mary's

For our Christmas services – see enclosed 'Open Door' leaflet

Best wishes

Fr Bob

vicar@portseaparish.co.uk 02392822687

